



Influenza Outbreak Guidelines for Long-Term Care Facilities

Iowa Influenza Surveillance Network

Iowa Department of Public Health

I. Definition of an influenza outbreak in Long-Term Care (LTC) Facilities:

An outbreak in a LTC facility is defined as a sudden increase of acute febrile respiratory illness (AFRI) cases over the normal background rate or one laboratory-confirmed influenza positive case along with other cases of respiratory infection in a unit of a long-term care facility.

A cluster of influenza in a LTC facility is defined as three or more cases of acute febrile respiratory illness (AFRI) occurring within 48 to 72 hours, in residents who are in close proximity to each other (e.g., in the same area of the facility).

II. Outbreak control

1. If an outbreak of influenza-like illness does occur, please contact local public health and your field epidemiologist or the Center for Acute Disease Epidemiology (CADE) at 800-362-2736. The field epidemiologist or the CADE staff will help facilitate outbreak investigation and control.
2. Collect specimens for patients with influenza-like illness, without other apparent cause and submit specimens to the State Hygienic Laboratory at the University of Iowa (SHL).
3. Administer antiviral prophylaxis to residents and health care personnel in accordance with current CDC recommendations during influenza outbreaks.
4. Vaccinate all unvaccinated residents and staff with the current season influenza vaccine unless medically contraindicated.
5. Reinforce respiratory hygiene/cough etiquette in long-term care facilities.
6. Implement Droplet Precautions during the care of a resident with suspected or confirmed influenza.
7. Cohort and/or isolate ill residents as appropriate.
8. Restrict ill personnel from patient care. Restrict personnel movement from areas of the facility having outbreaks to areas without patients with influenza.
9. Limit visitation, exclude ill visitors. Consider restricting visitation of all visitors via posted notices.
10. Limit new admissions.

III. Reference Websites

Infection controls measures in health care settings

<http://www.cdc.gov/flu/professionals/infectioncontrol/longtermcare.htm>

<http://www.cdc.gov/flu/professionals/infectioncontrol/ltc-facility-guidance.htm>

Respiratory hygiene/cough etiquette

<http://www.cdc.gov/flu/professionals/infectioncontrol/resphgiene.htm>

Using antiviral medications to control influenza outbreaks in institutions

<http://www.cdc.gov/flu/professionals/antivirals/antiviral-use-influenza.htm>

Guidelines for isolation precautions

<http://www.cdc.gov/hicpac/2007IP/2007isolationPrecautions.html>